

## **The Smile Shop LLC**

### **Pre-op Instructions for ZOOM Whitening Appointments**

Congratulations! You are about to embark on a new smile adventure. We are excited to be a part of that journey. We would like to provide you with some instructions to help in this exciting process. Please review the following information.

As with all treatments, teeth whitening is something that will be completed in our office and maintained at home. It's important to note, that without proper maintenance, the color, brightness and vibrance of your teeth will shift over time. This could result in needing an additional session of Zoom whitening.

#### **Medical History and Medications:**

It is important to inform us of your complete medical history, including underlying health conditions, medications you are taking and any allergies you may have. Especially to those contained in our whitening products: peroxide, carbamide and/or glycerin.

#### **Oral Hygiene:**

Prior to your initial consultation and whitening appointment, please make sure to thoroughly brush and floss your teeth. Clean teeth provide a better surface for bonding whitening solutions and better results.

#### **Eating Before the Appointment:**

Since you may experience some mild discomfort or sensitivity after your whitening procedure, we recommend to have a light meal prior.

#### **Pain Relievers (Optional):**

Our partners at Phillips recommended to take 600 mg of ibuprofen (Advil) **OR** 1,000 mg of acetaminophen (Tylenol) 30 minutes prior to your visit. However, you do not need to do this, especially if you have any intolerances to pain relievers.

#### **Open Communication:**

Please feel comfortable to ask us any questions you may have. It is our commitment to provide our clients with information and make sure you are comfortable with your procedures.

#### **Length of Appointment:**

Generally, this procedure will take 60 to 90 minutes, depending on your whitening package.

**Payment and Insurance:**

All service fees are due at the time of your appointment. We cannot accept any dental insurance as all procedures are not covered under any existing dental plan.

Once again, we would like to thank you for choosing The Smile Shop LLC for your smile needs! If you have any questions, please email us at [general@onestopsmiles.shop](mailto:general@onestopsmiles.shop). We look forward to pampering you at your procedure date.

**The Smile Shop**